

Rejuvenative Foods

SALT FREE
GARDEN

KIM-CHI

Vegan
FRESH & RAW

FREE OF: PESTICIDES, CHEMICALS,
TRANS-FATS & GLUTEN

Perishable Keep Refrigerated

Net Wt. 454 Grams

INGREDIENTS: Cabbage, broccoli, carrots, dandelion greens, onions, lemon juice, ginger, fennel, garlic, thyme, basil, sage, rosemary, celery seed, ground dried red pepper. This is a unique salt-free Kim Chi for special "no salt" and low sodium diets. If you are not on a salt-free diet and want a zestier and more delicious Kim Chi, please try one of our other Kim Chi products with Celtic® Sea Salt. **What is this product?** Kim-Chi without salt is very unique and special. Kim-Chi has been a staple in the Korean diet for centuries. It is fresh, shredded, unheated vegetables (see ingredients) that are put into a stainless steel container and left to culture for 5 to 7 days. No water or vinegar is added. These delicious, high-fiber, unheated, cultured vegetables are one of the richest sources of lactobacilli and enzymes available. *We make this Kim-Chi year-round. Therefore from batch to batch, the taste, colour and juiciness are different.* **SERVING SUGGESTIONS:** Add delicious live zing to meals! This Kim-Chi mixes nicely with starches, proteins and vegetables. Serve with or on: rice or rice cakes with fresh raw organic almond (or other nut and seed butters or mixtures), tortillas, avocados, vegetables, salads, seeds, nuts, grains, pizza, eggs, potatoes, meat, sandwiches and omelettes.

Nutritional information
Typical values per 100g

Energy:	138kj, 33kcal
Protein:	2.0g
Carbohydrates:	7.6g
of which sugars	3.5g
Fats	0.4g
of which saturates	0.1g
Fibre	3.0g
Sodium	27mg

ALSO AVAILABLE:
Assorted flavours of Fresh, Raw Nut Butters, Seed Butters, and Mixtures (refrigerated and dated); Raw Cultured Vegetables - salt-free or with sea salt - including Vegi-Delite, Live Zing Salad, and Kim-Chi (delicious & healthful)

SUPERIOR QUALITY!
*Satisfaction Guaranteed
or Your Money Back!*
(see our web site)

Rejuvenative Foods
P.O. Box 8464
Santa Cruz, CA 95061
(831) 457-2418
www.rejuvenative.com

Made in U.S.A.
Pesticide and Chemical Free

DISTRIBUTED BY:
Red23 Ltd., 5 Abridge Mews,
Market Place, Abridge,
Essex, RM4 1BA
01992 815 859
www.red23.co.uk



100% PURE because we clean our machines between batches

Rejuvenative Foods

SALT FREE
GARDEN

KIM-CHI

Vegan
FRESH & RAW

FREE OF: PESTICIDES, CHEMICALS,
TRANS-FATS & GLUTEN

Perishable Keep Refrigerated

Net Wt. 454 Grams

INGREDIENTS: Cabbage, broccoli, carrots, dandelion greens, onions, lemon juice, ginger, fennel, garlic, thyme, basil, sage, rosemary, celery seed, ground dried red pepper. This is a unique salt-free Kim Chi for special "no salt" and low sodium diets. If you are not on a salt-free diet and want a zestier and more delicious Kim Chi, please try one of our other Kim Chi products with Celtic® Sea Salt. **What is this product?** Kim-Chi without salt is very unique and special. Kim-Chi has been a staple in the Korean diet for centuries. It is fresh, shredded, unheated vegetables (see ingredients) that are put into a stainless steel container and left to culture for 5 to 7 days. No water or vinegar is added. These delicious, high-fiber, unheated, cultured vegetables are one of the richest sources of lactobacilli and enzymes available. *We make this Kim-Chi year-round. Therefore from batch to batch, the taste, colour and juiciness are different.* **SERVING SUGGESTIONS:** Add delicious live zing to meals! This Kim-Chi mixes nicely with starches, proteins and vegetables. Serve with or on: rice or rice cakes with fresh raw organic almond (or other nut and seed butters or mixtures), tortillas, avocados, vegetables, salads, seeds, nuts, grains, pizza, eggs, potatoes, meat, sandwiches and omelettes.

Nutritional information
Typical values per 100g

Energy:	138kj, 33kcal
Protein:	2.0g
Carbohydrates:	7.6g
of which sugars	3.5g
Fats	0.4g
of which saturates	0.1g
Fibre	3.0g
Sodium	27mg

ALSO AVAILABLE:
Assorted flavours of Fresh, Raw Nut Butters, Seed Butters, and Mixtures (refrigerated and dated); Raw Cultured Vegetables - salt-free or with sea salt - including Vegi-Delite, Live Zing Salad, and Kim-Chi (delicious & healthful)

SUPERIOR QUALITY!
*Satisfaction Guaranteed
or Your Money Back!*
(see our web site)

Rejuvenative Foods
P.O. Box 8464
Santa Cruz, CA 95061
(831) 457-2418
www.rejuvenative.com

Made in U.S.A.
Pesticide and Chemical Free

DISTRIBUTED BY:
Red23 Ltd., 5 Abridge Mews,
Market Place, Abridge,
Essex, RM4 1BA
01992 815 859
www.red23.co.uk



100% PURE because we clean our machines between batches